

> CHANGE PAIN

PRESS KIT

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Supported by an educational grant from Grünenthal
www.change-pain.com



B A C K G R O U N D

CHANGE PAIN

Improving management of severe chronic pain

CHANGE PAIN is aiming to improve the management of severe chronic pain and is endorsed by the European Federation of Chapters of the International Association for the Study of Pain (EFIC).

Initiated by German pain expert Grunenthal, the campaign involves pain experts from across Europe. The international Advisory Board is chaired by Professor Giustino Varrassi, President of the EFIC and Gerhard H. H. Mueller-Schwefe, MD, President of the German Pain Association (DGS).

Key objectives of CHANGE PAIN are to generate a better understanding of the unmet medical needs in severe chronic pain management, improve education of physicians and encourage communication between physicians and patients.

Unmet medical needs in severe chronic pain

Severe chronic pain is multifactorial in nature and often insufficiently managed. Many patients are unidentified or do not receive appropriate treatment. Even with treatment patients often find themselves in a Vicious Circle of insufficient analgesia and debilitating side effects associated with their medication. This circle often results in low patient compliance and in many cases treatment discontinuation, especially with patients receiving strong opioids.^{1,2}

Neuropathic pain is often more severe and more difficult to treat than nociceptive pain.³ A neuropathic component is present in many pain conditions, e.g. in chronic low back pain. It is estimated that only one-third of chronic low back pain patients suffer from pure nociceptive pain.⁴ Therefore it is crucial to identify neuropathic pain symptoms, which is often difficult, and to appropriately treat both pain components of the condition. Current treatment practice is a combination therapy, but this can also lead to an increase in side effects.^{5,6}

As part of the CHANGE PAIN campaign the group of international experts will continue to generate more insight on the unmet medical needs in severe chronic pain management. Findings of this research will be published in scientific publications.

Education of physicians

Currently the education of physicians who do not specialise in pain does not cover pain management sufficiently. Many physicians treat their pain patients mainly

based on tradition and personal experiences; therefore a better understanding of the pain pathways and the mechanisms of pain will enable physicians to treat their pain patients more rationally.

The experts supporting the campaign believe that improving education of physicians is a major objective of CHANGE PAIN. The group is working on educational material that will provide better insight into these topics and thus contribute to a better management of severe chronic pain.

Communication between physicians and patients

Communication between physicians and patients is very important, as it is the only way to assess the level of pain and its consequences for the quality of life a patient is experiencing; however, in many cases this communication is not robust enough to guide optimal treatment.

For better management of severe chronic pain, it is crucial that physicians and patients work together to define individual treatment objectives according to the individual needs of the patients. It is also important for the physicians to educate patients about therapy and manage their expectations.

Perspective

First results of the CHANGE PAIN meeting in June 2009 have been published in the CHANGE PAIN News & Reviews Journal, which is available at EFIC congress 2009. Further issues will be published several times per annum and will be available online and at upcoming international pain congresses.

A physician survey is being conducted at EFIC congress 2009. The results will be analysed to learn more about the different approaches followed in pain management across Europe.

The CHANGE PAIN group, with support from Grunenthal, will prepare educational material focusing on pain mechanisms and treatment choices, the Vicious Circle in opioid treatment and physician/patient communication. This material will likely be available as eCME and CME courses by 2010.

For further information on CHANGE PAIN please visit www.change-pain.com.

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Current press materials are available in the press section at www.grunenthal.com.



¹ Kalso E et al: Opioids in chronic non-cancer pain: systematic review of efficacy and safety. Pain. 2004;112(3):372-380

² Moore RA, McQuay HJ: Prevalence of opioid adverse events in chronic non-malignant pain: systematic review of randomised trials of oral opioids. Arthritis Research & Therapy. 2005;7: R1046-1051

³ Schmidt CO et al: Modelling the prevalence and costs of back pain with neuropathic components in the general population. European Journal of Pain. 2009, doi:10.1016/j.ejpain.2008.12.003. Epub ahead of print

⁴ Freynhagen R et al: painDetect: a new screening questionnaire to identify neuropathic components in patients with back pain. Current Medical Research and Opinion. 2006;22:1911-1920

⁵ Gilron I et al: Morphine, gabapentin, or their combination for neuropathic pain. New England Journal of Medicine. 2005;352(13):1324-1334

⁶ Hanna M et al: Prolonged-release oxycodone enhances the effects of existing gabapentin therapy in painful diabetic neuropathy patients. European Journal of Pain. 2008;12(6):804-813

P R E S S R E L E A S E

Improving management of severe chronic pain

European pain experts join in CHANGE PAIN campaign

Aachen, 21 August, 2009. Severe chronic pain is multifactorial in nature and often insufficiently managed. Many patients are unidentified or do not receive appropriate treatment, but even with treatment patients often find themselves in a vicious circle of insufficient analgesia and debilitating side effects associated with their medication. This situation contributes to low compliance and high rates of treatment discontinuation among chronic pain patients. In order to improve pain management Grünenthal has initiated the CHANGE PAIN campaign, which recently gathered experts from across Europe in Brussels to discuss the unmet medical needs in severe chronic pain management. Major objectives of the campaign will be to improve education of physicians and communication between physicians and patients as these are key factors for better management of severe chronic pain.

“Across Europe we can see huge differences in the use of analgesics, and we can see a lack of knowledge among physicians not specialised in pain”, explained Professor Giustino Varrassi, President of the European Federation of Chapters of the International Association for the Study of Pain (EFIC). “A better understanding of the pain pathways and the mechanisms of pain will enable them to treat their pain patients more rationally.” Professor Giustino Varrassi is chairing the CHANGE PAIN campaign with Dr. Gerhard H. H. Mueller-Schwefe.

An additional problem is the lack of communication between physicians and patients. “It is very important that physicians and patients communicate, as this is the only way to assess the level of pain a patient is experiencing”, said Dr. Gerhard H. H. Mueller-Schwefe, President of the German Pain Association (DGS). “By talking to the patients we can set individual treatment objectives, educate them about the therapy and manage their expectations.”

Side effects of current pharmacological treatment options often limit the effective analgesic dosage of the drugs used. Patients receiving strong opioids are particularly susceptible and often find themselves in a vicious circle of insufficient analgesia and debilitating side effects: If a patient experiences insufficient analgesia, the dose of the analgesic is increased in order to achieve sufficient pain relief, but an increased dose can also increase side effects. If a patient suffers from a high level of side effects, the dose is reduced and this can again lead to insufficient analgesia. This circle often results in low patient compliance and in many cases treatment discontinuation.^{1,2}

Another challenge in chronic pain management is the underlying pathophysiology, which can be different from patient to patient. When a neuropathic component is present, the pain is often more severe and more difficult to treat.³ In chronic low back pain it is estimated that only one-third of patients suffer from pure nociceptive pain.⁴ Therefore it is crucial to identify neuropathic pain symptoms, which is often difficult, and to appropriately treat both pain components of the condition. Current treatment practice is a combination therapy, but this can also lead to an increase in side effects.^{5,6}

These and other topics from the expert discussion will be consolidated in a consensus paper in order to make the findings of the group available to physicians across Europe. The CHANGE PAIN group will further work to generate more insight on the unmet medical needs in severe chronic pain management. Findings of this research will be published in scientific publications and educational material will be developed to improve the knowledge on pain physiology among non-pain specialists.

About CHANGE PAIN

The CHANGE PAIN campaign was initiated by German pain expert Grünenthal to contribute to an improved severe chronic pain management. The campaign is supported by the European Federation of Chapters of the International Association for the Study of Pain (EFIC) and involves pain experts from across Europe. It is chaired by Professor Giustino Varrassi, President of the EFIC and Dr. Gerhard H. H. Mueller-Schwefe, President of the German Pain Association (DGS). Key objectives of CHANGE PAIN are to generate a better understanding of the unmet medical needs in severe chronic pain management, as well as to improve education of physicians and communication between physicians and patients.

About Grünenthal

Grünenthal is an expert in pain therapy and gynaecology and a pioneer in intelligent, user-friendly drug delivery technologies. The company discovers, develops, produces and markets high therapeutic value pharmaceuticals that contribute to patients' ability to control their own lives. Grünenthal is an independent, family-owned German company with companies in 32 countries all over the world. Founded in 1946, the company employs 1,900 people in Germany and 5,300 worldwide. In 2007, Grünenthal achieved revenues of 846 million Euros. More information: www.grunenthal.com.

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MISSION STATEMENTS



Professor Giustino Varrassi, MD, PhD, FIPP

President of the European Federation of IASP® Chapters (EFIC®) and Chairman of CHANGE PAIN

I am supporting CHANGE PAIN because as EFIC President I think it is extremely important to have a public campaign working to improve pain management.

In Europe we are facing several problems in the management of chronic pain. One major challenge is the lack of knowledge among physicians who do not specialise in pain yet treat pain patients as part of day-to-day practice; therefore, it is essential to develop better educational programs for physicians to shift scientific knowledge to clinical practice.

The CHANGE PAIN group involves experts with a broad scientific knowledge as well as extensive clinical experiences. This has helped us develop concrete and simple messages that we can communicate to the medical community. By increasing knowledge about the mechanisms of pain, appropriate use of strong analgesics and the need for communication with the patient we hope to implement a new approach to severe chronic pain management.



Gerhard H. H. Mueller-Schwefe, MD

President of the German Pain Association (DGS) and Chairman of CHANGE PAIN

In Europe, we have many different approaches to diagnose and to treat pain. By coming together under the label CHANGE PAIN, our group of experts in clinical experience and scientific knowledge has an opportunity to assess the different approaches followed in European countries and identify unmet medical needs. It also allows us to share best practices on how to improve treatment, diagnosis and public awareness of these problems. This will hopefully result in recommendations that can be applied to different healthcare systems.

One of the key factors in effective pain management certainly is communication between physicians and patients, as it is the only way to assess the level of pain that the individual patient is experiencing. By establishing this dialogue with patients we can set individual treatment objectives, inform them about therapy and manage their expectations; therefore, raising awareness among physicians and patients for this crucial topic is a key objective that I hope we can achieve with our campaign.

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CURRICULUM VITAE

Professor Giustino Varrassi, MD, PhD, FIPP

CURRICULUM VITAE



Professor Giustino Varrassi, MD, PhD, FIPP

Professor and Chairman, Department of Anaesthesiology and Pain Medicine, L'Aquila University, Medical School, Italy

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Since 2008	President of the European Federation of IASP [®] Chapters (EFIC [®])
2003-2009	President of the Italian IASP Chapter (Associazione Italiana per lo Studio del Dolore – AISD)
2001-2007	President of the European Society of Obstetric Anaesthesia (ESOA)
Since 1985	Professor and Chairman of the Department of Anaesthesiology, L'Aquila University, Medical School, Italy
Oct 1995	Invited Professor at the University of Barcelona, Spain, Department of Anaesthesiology
1989-1991	Invited Professor at the University of Tel-Aviv, Israel, Department of Anaesthesiology and Pain Centre, Aug-Oct 1989, 1990, 1991
1985-1987	Invited Professor at the Massachusetts University, Worcester, MA, Department of Anaesthesiology and Pain Centre, Sept-Oct 1985, 1986, 1987
1976-1985	Assistant Professor and Head of the Pain Centre at the Department of Anaesthesiology, L'Aquila University, Medical School
1976	Completed residency in Anaesthesia and Intensive Care
1973	Graduated in Roma, "La Sapienza" University, Medical School

Professor Giustino Varrassi is founder of the European Society of Obstetric Anaesthesia (ESOA) and a founding member and current President of the European Federation of IASP Chapters (EFIC), as well as a member of the International Association for the Study of Pain (IASP) and other medical societies. He is a Fellow of Interventional Pain Practice (FIPP) and a member of the Board of the World Institute of Pain.

His major fields of interest include obstetric anaesthesia and pain management. He has authored about 400 papers published in international and national scientific journals, as well as 43 chapters of books, mainly on obstetric anaesthesia and pain management. Furthermore

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he is editor of 28 books and congress proceedings, including one textbook on obstetric anaesthesia.

Professor Varrassi has organized more than 40 congresses, including the 1st ESOA Congress, Florence, 1994; 1st EFIC Congress, Verona, 1995; and the 10th Congress of the World Society of Pain Clinicians, Sardinia, 2002. He is also frequently invited as a guest speaker and has held talks at over 400 national and international congresses.

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Gerhard H. H. Mueller-Schwefe, MD

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Gerhard H. H. Mueller-Schwefe, MD

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Since 2004	Vice President of Hospiz Landkreis Goepingen e.V.
Since 1997	President of the German Pain Association (DGS)
Since 1985	Head of the Pain Relief Unit at the Interdisciplinary Pain Clinic Goepingen, Germany
2008	Qualification in Acupuncture
1998	Qualification in Pain Relief
1996	Specialist in General Medicine
1993-1997	Vice President of SCHMERZtherapeutisches Kolloquium e.V.
1987	Qualification in Algesiology
1984	Specialist in Anaesthesiology
1983-1984	Senior registrar at Klinik am Eichert, Germany, Department of Anaesthesiology
1980-1983	Assistant at Klinik am Eichert, Germany, Department of Anaesthesiology
1978-1979	Assistant at University Ulm, Germany, Department of Anaesthesiology
1977-1978	Assistant at county hospital Niedermarsberg, Germany, Department of Internal Medicine
1977	Assistant at county hospital Niedermarsberg, Germany, Department of Surgery
1976	MD at Eberhard Karls Universitaet Tuebingen, Germany

Dr Gerhard H. H. Mueller-Schwefe has extensive experience in the use of systemic and intrathecal opioids and triptanes. He is involved in clinical trials ranging from Phase II to Phase IV studies and authored 95 publications on management of chronic pain syndromes.

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Dr Mueller-Schwefe is President of the German Pain Association (DGS) and a member of 17 medical societies that focus on pain relief, including the International Association for the Study of Pain (IASP) and Euro Pain. He has presented his work at numerous national and international conferences.